



Grilled Pork with Pear Salsa

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



8

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup juice of lime
- 2 tablespoons olive oil
- 2 garlic clove minced
- 1.5 teaspoons ground cumin
- 1.5 teaspoons oregano dried
- 0.5 teaspoon pepper
- 2 pounds pork tenderloin cut into 3/4-inch slices
- 4 cups pears peeled chopped (4 medium)

- 0.3 cup onion red chopped
- 2 tablespoons mint leaves dried fresh chopped
- 2 tablespoons juice of lime
- 1 tablespoon lime zest grated
- 1 jalapeno seeded chopped
- 1 teaspoon sugar
- 0.5 teaspoon pepper

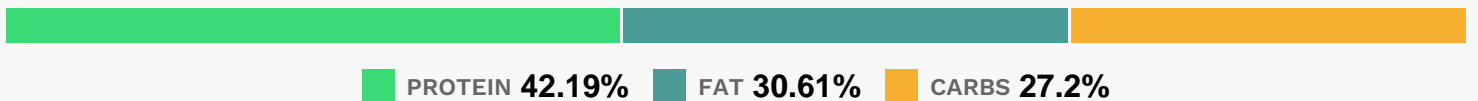
Equipment

- bowl
- grill

Directions

- In a large bowl, combine the lime juice, oil, garlic, cumin, oregano and pepper; add pork. Turn to coat; cover and refrigerate overnight.
- Drain pork, discarding marinade.
- Grill pork, uncovered, over medium heat for 4–6 minutes on each side or until juices run clear.
- In a bowl, combine the salsa ingredients.
- Serve with the pork.

Nutrition Facts



Properties

Glycemic Index:37.73, Glycemic Load:4.22, Inflammation Score:-6, Nutrition Score:17.605217456818%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg

Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 226.07kcal (11.3%), Fat: 7.76g (11.94%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 12.42g (4.52%), Sugar: 8.94g (9.93%), Cholesterol: 73.71mg (24.57%), Sodium: 61.7mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.07g (48.14%), Vitamin B1: 1.14mg (75.72%), Selenium: 34.65µg (49.5%), Vitamin B6: 0.93mg (46.4%), Vitamin B3: 7.74mg (38.68%), Phosphorus: 294.21mg (29.42%), Vitamin B2: 0.42mg (24.46%), Potassium: 592.03mg (16.92%), Zinc: 2.28mg (15.19%), Vitamin C: 10.31mg (12.5%), Fiber: 3.1g (12.41%), Magnesium: 42.13mg (10.53%), Vitamin B5: 1.03mg (10.33%), Iron: 1.79mg (9.92%), Vitamin B12: 0.59µg (9.83%), Copper: 0.19mg (9.46%), Vitamin K: 8.85µg (8.42%), Manganese: 0.16mg (7.86%), Vitamin E: 1.02mg (6.83%), Calcium: 32.65mg (3.26%), Folate: 10.98µg (2.75%), Vitamin D: 0.34µg (2.27%), Vitamin A: 113.1IU (2.26%)